



Grilled Plum and Prosciutto–Stuffed Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 prune– cut to pieces dried pitted halved
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 0.5 teaspoon sage fresh chopped

- ☐ 4 servings hominy
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons blackstrap molasses
- ☐ 0.5 teaspoon paprika
- ☐ 16 ounce pork loin chops boneless (3/)
- ☐ 0.8 ounce pancetta halved very thin

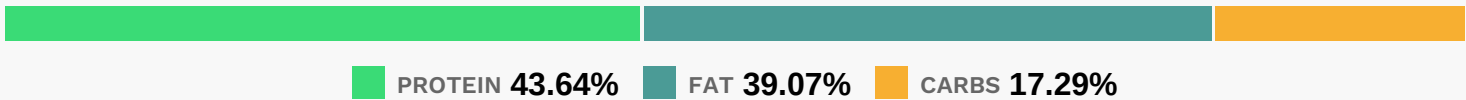
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Soak plum halves in boiling water 5 minutes.
- ☐ Drain well.
- ☐ Wrap 2 plum halves in each prosciutto piece.
- ☐ Combine fennel seeds and next 6 ingredients in a small bowl.
- ☐ Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff 1 prosciutto wrap into each pocket.
- ☐ Sprinkle pork chops with fennel seed mixture.
- ☐ Place pork chops on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Combine vinegar and molasses; brush over pork chops.
- ☐ Cooking Tip Get a head start by assembling the stuffed pork chops the night before.
- ☐ Sprinkle them with the fennel seed mixture just before grilling.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:16.680000079067%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 237.62kcal (11.88%), Fat: 10.13g (15.59%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.08g (3.3%), Sugar: 6.85g (7.61%), Cholesterol: 79.49mg (26.49%), Sodium: 242.96mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Selenium: 39.33µg (56.19%), Vitamin B1: 0.78mg (52.04%), Vitamin B3: 9.55mg (47.75%), Vitamin B6: 0.89mg (44.55%), Copper: 0.88mg (43.86%), Phosphorus: 275.42mg (27.54%), Potassium: 575.9mg (16.45%), Vitamin B2: 0.24mg (14.03%), Zinc: 1.92mg (12.79%), Magnesium: 45.4mg (11.35%), Vitamin B12: 0.63µg (10.46%), Vitamin B5: 0.94mg (9.35%), Manganese: 0.16mg (7.98%), Vitamin K: 6.49µg (6.18%), Iron: 1.03mg (5.75%), Vitamin A: 246.2IU (4.92%), Fiber: 1.02g (4.07%), Vitamin D: 0.47µg (3.17%), Calcium: 26.75mg (2.68%), Vitamin E: 0.34mg (2.24%)